

MENSTRUAL CYCLE RECORD

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MAR																															
APR																															
MAY																															
JUN																															
JUL																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

S: Spotting

B: Bleeding

WARNING SIGNS/CAUTIONS - Progestin Only Birth Control Pill

You have chosen the mini-pill as your method of birth control.

The following are warning signs of problems. Remember the initials “ADRP.”

- A** - Abdominal (stomach) pain
- D** - Delayed period after several months of regular cycles
- R** - Repeated, very severe headaches
- P** - Pill taken too late (more than three hours past normal time)

If you experience any of these warning signs, call the clinic or your health care provider as soon as possible.

Keep a record of your monthly periods on the other side. Mark “S” for spotting or “B” for bleeding on each day you do one or the other. Bring your menstrual cycle record with you when you come to clinic or see your health care provider.

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